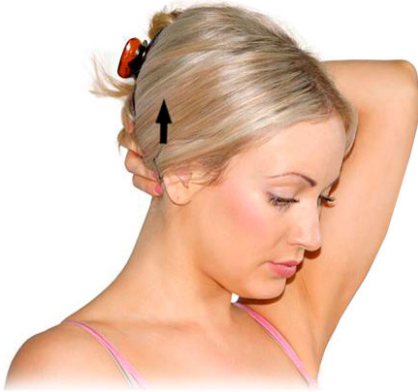


Exercise plan:
Headache Sample Sheet

Patient:
Sample Patient

Date:
11th Jan 2017



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Sub-occipital stretch

Sit down with good posture, tuck your chin down slightly, and hold your fingers under your skull. Try to elongate your neck and pull your skull upwards with your fingers. You should feel a gentle stretch at the top of your neck under your fingers. Stop immediately if you get any dizziness. Hold the stretch, and relax.

Video: <http://youtu.be/mYfaLEZhzHM>



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Sitting rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

Video: <http://youtu.be/JEDRfMbURRU>



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Pec stretch straight arm

Hook your fingers around a door frame or corner of a wall, and lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

Video: http://youtu.be/c8ln_nWYMyM

90 degree double arm lift

Take your arms to the side of your body, and lift them up as far as feels comfortable. When you reach your comfortable end of range, slowly lower your arms back down. This exercise will improve mobility and strength to your shoulder.



Video: <http://youtu.be/KiZMYBbo0-M>

SAMPLE ONLY